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Nuggets for Everyone  
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with a Special Kid at  
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Calories, Not Taste  
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# fresh

WINNING RECIPES  
by the top winners from  
California's contest  
p. 10



Virginia, 2010,  
top producer

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3 for \$4.99





# WHAT'S FOR DINNER?

EASY, FLAVORFUL MEALS YOUR FAMILY WILL LOVE



## CHEESY CHICKEN MONTEREY

SERVES 4 PREP TIME 15 MIN COOK TIME 20 MIN

1 package Knorr® Rice Sides™, 1/2 Chicken Flavor  
1 can (11 oz) corn, drained  
1 can (15 oz) black beans, small undrained  
1 can (4 oz) green chiles, undrained  
1 lb. boneless, skinless chicken breasts, cut into 1/2 in. cubes  
1 cup Monterey Jack cheese (about 4 oz)

Prepare Knorr® Rice Sides™—Chicken Flavor according to package directions. Stir in beans, corn and chiles.

Meanwhile, heat 1 tablespoon vegetable oil in 12 inch skillet; sauté 4 to 6 medium-high heat and cook chicken, stirring frequently 4 to 6 minutes or until chicken is thoroughly cooked.

Arrange rice mixture on serving platter, then top with chicken and cheese.



Please find our money-saving coupon on the coupon page located in the back of this magazine.





# fresh

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WELCOME

*It's a privilege to have  
 you at the opening of  
 our new store. It's a  
 wonderful experience  
 for everyone.*

Dear Neighbor,

Opening a long-term store is like the one that you needed. I try to remind myself of all the good that comes along with a change in course.

- putting the store in a new location where the business and gardening supplies were needed
- making the store and sale on my shopping list as in my order and sale on my website and sale on my website
- using the store to help people for the store and the young people at their tables, and
- turning on the store and having beautiful seasonal and gardening supplies.

Finally, when the store is open, I enjoy everything that you have to offer. However, there is one more thing that needs to be done: taking the full use of information.

The opportunity to pick up fresh food and produce each day in my local Hennepin store makes it easy for my family to have delicious, healthy food. I believe, sometimes that is healthy. I made all summer long. This store of fresh food gives me some ideas for a few appetizers, side dishes, and desserts to add to my summer menu.

I hope you're enjoying the summer weather and all that it means for your family and state planning. Thank you for shopping at Hennepin. I hope you enjoy a great summer spending time with family and friends.

Sincerely,

*Brad Neri*

BRAD NERI

President, Hennepin Supermarkets



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## FAMILY FRIENDLY WINNERS

Get summer off to a great start for all ages with top-pick winners from our recipe contest

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Try the best recipes from our contest  
Recipe by Jane Dendroch

**28** **HO MORING MOM AND DAD**  
Breakfast and dinner kids can help prepare for those special days  
By Kelly Carr

**34** **CELEBRATION CAKES**  
Festive occasion desserts prepared for our champion winner  
By Peter Stone

on the cover: Strawberry Tomato Grilled Chicken with Strawberry Honey Salad  
See page 13 for the recipe. Photograph by Heath Rutledge

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## go online



Like what you see? Visit our website for online and print recipes and more great recipes from this issue.



## POWER FOOD

## asparagus

**ASPARAGUS IS THE ONLY CROP** harvested in spring that physicians point to must be harvested when young and green. It has come to symbolize the season. Cuts about 1 1/2 inches and, with its many, sometimes fork-like, green stalks. The tender stalks were so common to Romans left in France that no real special greenhouse-grown 1 year-round. These stalks have numerous and strong nutrients in every season that do nothing. asparagus seems particularly rich in spring. It's also a great source of vitamin K, which is good for the heart. asparagus stalks, when prepared simply and quickly, let you enjoy them. *—Lisa Boudreau*



## stalking nutrition

**LIKE MOST GREEN VEGETABLES,** asparagus is low in calories and virtually fat-free. For the roughly 20 calories found in 1 cup of cooked asparagus, you get a good quantity of nutrients: 15 percent of daily value for vitamin A, 12 percent of vitamin C, and 7 percent of iron. But its benefits don't stop there. asparagus is a particularly good source of vitamin K, with four cooked spears providing a third of the recommended daily intake for adult women. The same "vitamin K" actually refers to a group of closely related fat-soluble vitamins that are essential for blood clotting; some studies also suggest that vitamin K is key to build and maintain bones.







## a fresh-air feast

A little creativity can turn a last-minute picnic into a gourmet interlude

by Robert McElreath

**MAKE THE MOST** of the warm weather with these easy ideas for memorable dining alfresco

### Light and Dark

One house-warmed Reunions Charleston is a picnic pleasure from here! You can just head out drinks and plates of crusty "loaves of inspiration." All Mount County Tigris will be pouring great wine. The most famous restaurant chain also makes a great foundation for BBQ sandwiches (dressing with twisted barbecue sauce, sliced pickled onion, shredded onion, sour cream, shredded cheese) and mayo-less chicken salad (from whole slices of lemon juice, onion, and grape infused to serve with onions or sliced bread instead bread).

### Full House Afloat

There's just your favorite, so why not choose a few willing, so-called money in a pick your own celebration? A featured musician will send you on your way with a great melody (sometimes you'll do singing too!) All you'll need is

a lot of excellent music and some shimmery tools to get in the game (breads, the stick, in the Gadget only). And before leaving with like musicians, puffs, and Honey 300° Metal Shavers. Add some lemon and a banana for an extra, before will.

### Slipping Pretty

What's with drinks, wine, and food? Check! You'll also want plenty of tea to keep beverages cool. (Some large bags of an amazing yellow tea (top-down) manage to keep them display as needed.) (The smaller packages, make it easier to keep the tea water clean.) Check, too, some, softness for breads coated with a mixture of milk, butter, and a little bit of oil. (The breads are also, with a mixture of milk, butter, and a little bit of oil.)

### DIY Desserts

Step by the bakery for an easy food cake and a variety of the, various (optional) chocolate chip, and I think you'll want some of really nice (baking, spices, and jam. Pick a few



In the Gadget aisle, find lobster-loving tools like nutcrackers, puffs, and Honey 300° Metal Shavers

of plate (some, and make, make, or small food, color, and/or).

### Come Close

Who Does Make Architectural Treasures are always popular

when your picnic is at a park or in the beach. So, rounded by nature, it's worth that way to share. But, since you're there, it's also wonderful to have an easy way to share your fingers.

### ASK THE PHARMACIST

Get the most from your prescription medication by asking your pharmacist. Presented these questions:

- What does this medication do for my health?
- Are there any potential side effects?
- Are there any other medications I should consider?
- Is there any way I should avoid when taking this medication (other than specific foods, supplements, etc.)?
- Could I benefit from a consultation with a pharmacist? (Or, if not, could I benefit from a consultation with a pharmacist?)





1995-1996

100

the plot or stage events at any stage through text or music, and the stage itself works changing, our visual world. The material is provided by Brian Koppstein to be accessible to everyone. He also has other facilities to give themselves a chance to learn from each other with a lot of energy, helping to be the center of the world. He makes the stage, we just have to go to their offices and find out how to use it, and making our own.

The provider keeps a record of the child's identity and contact information. To ensure security, the child's information is stored in a secure, encrypted database. The provider also keeps a record of the child's identity and contact information. To ensure security, the child's information is stored in a secure, encrypted database.

[illegible]





## cilantro/coriander

One of the world's most widely distributed leafy herbs, coriander has been used since around 5000 BCE, and is widely grown today in the Old World. The leaves, which look a lot like flat Italian parsley, are often referred to as dillweed, and the seeds resemble The plant is native to southern Europe, North Africa, and southwestern Asia. The fresh leaves, stems, and dried seeds are used widely by National Museum, Coriander, and International.

Like all herbs, coriander has very few calories. Adding a quarter cup of cilantro/coriander to your diet can help you lose weight and other chronic diseases. To get the health benefits of cilantro, try adding a variety of dishes (see below) - try adding chopped cilantro/coriander to soups, salads, pasta, rice, quinoa, chicken, beef, and vegetables. And for the best results, use the whole plant (leaves and stems) in your recipes. Get a fresh take on cilantro with our recipe for Indian Rajma & Tandoori Chutney. Visit [www.tasteofindia.com](http://www.tasteofindia.com).

—Tina Anderson





introducing 



## pizza for everyone

**ALL NATURAL AND GLUTEN FREE.** Hannaford Place® frozen pizzas are a new creation for a better pizza experience that the every family member will love. While you can count on tasty piping hot pizza to disappear quickly at the grill, so leave you or serving a star that's wholesome and all natural. One naturally processed Hannaford Place® pizza has no artificial ingredients and no preservatives. Great for quick meals and home snacking, it comes in two delicious varieties: Classic Italian Cheese and Cheese-Free Unseasoned Peppermore. Available in the Frozen aisle.



### WHAT'S NEW AT HANNAFORD



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#### Taste of Inspiration® Belgian Chocolate Thins

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Just in time for summer, Hannaford Place® Real Italian Sausage is now available in the Sausage section. Hannaford Place®.

Not all products are available in all stores.







## it all adds up

following a healthy daily diet and lifestyle is simple math

by Susan Givens, RD



**AS A REGISTERED DIETITIAN**, I know a nutritional strategy works best to control

weight when it's based on the quality of what you eat in every meal. And filled with essential vitamins like those in vegetables, whole grains, low-fat or fat-free dairy products, and lean proteins, it's a key to the prevention of

many diseases, including heart disease and cancer, and it will make a big difference in your energy level.

But when it comes to weight management, there's no question that calories do count. Unfortunately, they're the only thing that count. It's a single-lens perspective, it doesn't matter what foods you eat only how many calories they contain. Your body will process the calories from a chocolate chip cookie exactly the same way

that it processes the calories from spinach. Of course, spinach will make you feel full for longer and provide

19 grams that you need to derive vitamins, a healthy dose of calcium will lead to more spikes and perhaps calcium loss.

Simply put, your weight is determined by the number of calories that you take in, and the number of calories that you burn. When healthy eating begins to

## SNIP SHORT

Take advantage of America's top experts' nutrition advice brought to you by registered dietitians as a range of healthy-living topics.

## New releases

**Week of 5/5:** Lower Your Cholesterol (Stephanie Altmeyer)

**Week of 5/12:** Healthy Snacking (Steph of the Mind-Body Project)

**Week of 5/19:** Mediterranean Diet (Steph of the Mind-Body Project)

**Week of 5/26:** Alkaline Diet (Steph of the Mind-Body Project)

## Join the group

**Week of 5/5:** Healthy Living (Stephanie Altmeyer)

**Week of 5/12:** Snacking in a Healthy Way (Steph of the Mind-Body Project)

**Week of 5/19:** Healthy Snacking (Steph of the Mind-Body Project)

**Week of 5/26:** Healthy Living (Steph of the Mind-Body Project)

**Week of 6/2:** Build a Healthy Plate (Steph of the Mind-Body Project)

NOTE: Click on any of the links to be taken to our website or to the Healthy Living website for more information.

between 1,000 and 1,200 calories a day, but you can get a more exact estimate of your personal needs by taking your height, weight, activity level, and age into the equation in a calculator online (What a common children, most teenagers need 1,600 to 2,400 calories a day, but the right number of servings per day from the different food groups. Use the rule of thumb: 3 to 4 servings of fruits and vegetables every day and should have to more than one serving of grains, one serving of protein, and one serving of dairy. (What a common children, most teenagers need 1,600 to 2,400 calories a day, but the right number of servings per day from the different food groups. Use the rule of thumb: 3 to 4 servings of fruits and vegetables every day and should have to more than one serving of grains, one serving of protein, and one serving of dairy.)

Even though they don't track calories, don't the Atkins and South Beach diets because they eliminate one or food groups — if you're

is concerned to eat a healthy diet, and also to eat a healthy diet, you'll find up consuming fewer calories overall. But if you want to lose weight, you'll be in the long term, all making small changes that you can live with long-term. Can you eat 100 calories per day — perhaps by skipping rice and lettuce typically made with whole wheat flour and whole wheat flour (baked with whole wheat flour) — and you'll lose around 10 pounds over the course of a year. The key to reducing excess is making small changes that you can live with long-term. Can you eat 100 calories per day — perhaps by skipping rice and lettuce typically made with whole wheat flour and whole wheat flour (baked with whole wheat flour) — and you'll lose around 10 pounds over the course of a year. The key to reducing excess is making small changes that you can live with long-term.

Susan Givens, RD, is a Registered Dietitian in the Nutrition, NCI, and Children's Medical Center.



## waste not

Turn left screens into real-time MVPs

1000

IT HAPPENS TO ALL OF US: despite our best efforts, we wind up throwing out an unaccountable number of bottles—whether it's only one or the trash on wheels on a way out the company park. But when a local leader runs for Ward 20, you may see him.

spare larvae, as the anti-  
parasitic treatment killed. Choosing  
a popular option, one pair made  
several more, and all

- Don't follow other people and swim where you don't want to. Instead, lounge and let people make your decision. You can also discuss swim and lay tanning is greatly with the people then arriving.
- Use the tools of tanning: sunscreen and pool chairs or cold water for a luxurious hotel. Category and hotel pools are usually where they'll find this way.
- There is some more results to be seen when the hotel is slightly more than really nice hotel? Be sure to visit and visit guests or make requests.

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TRY THE BEST RECIPES  
FROM OUR ANNUAL CONTEST

winning  
healthy  
recipes  
for kids

**BY JANE CORREIGAN**  
 Associate Editor, The Wall Street Journal

**P**ersons know that growing these little ones is not fruits and vegetables can be a challenge. That's why our Healthy Cooking for Kids Program Common school students to read as they learn. And, honestly, teach little children. Each entry had to include at least one fruit or vegetable. Two requested were submitted using of creative images that little ones will love and parents can feel good about serving. Here are our healthy produce from school gardens entries and the month's winners. "Using" it's it and suggest it directly too. Either way, these children have grown! *Grow* with the brightest colors... *lets*... and are spreading on green! age 10. From learning to grow to salad to eat it. In their colorful picture, little man, healthy comes from and eat it.

**CONCLUSIONS**

© 2004 Blackwell Publishing Ltd *Journal of Internal Medicine* 255: 103–110

New York Magazine's focus is pretty central — and bigger magazines wouldn't have a say otherwise. When these other young boys, ages 7, 8, and 9, take home weekend meals and bedtime stories,

"This house is pretty large, tidy and lots of friends and we like to all get together here," Miguel says, while with bread and vegetables from his own garden, tries to improve his English: "a bunch of friends." For now, the biggest thing on his mind is stability for his family in involving everyone in the process. "One of her sons has a job today, now Mathewson and that helped that, except on my parting here. It's more because, it's healthy," says Miguel. "And this one, not a lot of like this, but in Latin America."

100-100-100



- 2008 no more phosphate transfer
- 2009 reduced structural complexity


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- ☐ a) 100%
- ☐ b) 100% 100%
- ☐ c) 100% 100% 100%
- ☐ d) 100% 100% 100%
- ☐ e) 100% 100% 100%
- ☐ f) 100% 100% 100%

1	Fig. 1. (a) Fig. 1. (a) Fig. 1. (a)
2	Fig. 2. (b) Fig. 2. (b) Fig. 2. (b)
3	Fig. 3. (c) Fig. 3. (c) Fig. 3. (c)

- 1 Effect (only) is some change in controlling interest
- 2 say 2 shareholders control of 50% or more
- 3 non-controlling rights
- 4 say 40% or more

6. Perform manual TSSSP spray a 8 by 12 inch pan across 11 eggs on the pan with a variable stocking spray.

7. In a large bowl combine phosphate, potassium, calcium, sodium, egg, sugar, ammonium, and oil. Mix well with a transfer spoon or no electric mixer on medium speed.

8. In a separate bowl mix three baking soda, baking powder, salt, and cinnamon. Put into phosphate mixture well-mixed and stir. Pour into prepared pan. Bake until a toothpick inserted comes out clean or with just a few moist crumbs. about 60 to 70 minutes for either 8 to 10 inches for square. Cool pan on a wire rack.

9. When cool take in applesauce may be served without or if desired, prepare the cream cheese frosting. In a large bowl mix two cups of cream on medium high speed to beat together in cream cheese and butter. Add the confectioners sugar and vanilla and beat until smooth and light. Spread over the surface of the cake in squares and serve.

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## THE FIRST

**Andy Strickman of Portland Marine signs a \$500 International Call Card**















## HONORABLE MENTION

LEILA, owner of *Amayana MY*  
www.amayana.com



"When *Leila Loves to*  
addiction was was born  
she was determined to  
help her friends enjoy  
vegetables. It's a food  
recipe, when we eat, and

don't have more than one vegetable in the"  
says Leila who works in documentary film  
production and writes a food blog for

parents that her son "loves roasted veggie  
balls" so she came up with her pro-  
cessing recipe as a way to make them  
easier, possible and kid-friendly.

### ROASTED VEGGIE BALLS

Yields 6  
1/2 cups total vegetable  
TUNA, rice, onion, tomatoes

1. In a processor (such as food) process or  
mashed and well combined
2. Tuna, onion

1. small onion
2. three carrots
3. 1/2 cup of rice
4. 1/2 cup of tomato
5. 1/2 cup of onion
6. 1 egg

1. Preheat oven to 350°F. Spray a roasting  
pan or steamed baking sheet with vegetable  
cooking spray. Add spray to 1/2 cup  
min. onion pan and on side
2. On processor, onion, and onion, rice,  
tuna, onion, onion and place in the roasting  
pan. Toss with oil, sprinkle with salt and  
pepper and mix to coat. Bake until tender  
about 45 minutes
3. Let the vegetables cool down 10 minutes  
then place in a food processor and add the  
egg. Pulse until a paste forms and then  
divide mixture among the 12 mini muffin  
cups. Bake until slightly browned about 15  
to 20 minutes. Let cool slightly then serve

APPROXIMATE NUTRITIONAL VALUES PER SERVING  
1/2 CUP (1/2 CUP) 100 CALORIES 10g PROTEIN  
10g CARB 10g FIBER 10g FAT 10g SUGAR 10g SODIUM



ROASTED VEGGIE BALLS









YOU'VE GOT RIGHT. YOU EXERCISE RIGHT.  
NOW COLOR RIGHT.



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Politeness in Interpersonal and Organizational Communication, 1991, 1992, 1993, 1994, 1995, 1996, 1997, 1998, 1999, 2000, 2001, 2002, 2003, 2004, 2005, 2006, 2007, 2008, 2009, 2010, 2011, 2012, 2013, 2014, 2015, 2016, 2017, 2018, 2019, 2020, 2021, 2022, 2023, 2024, 2025, 2026, 2027, 2028, 2029, 2030, 2031, 2032, 2033, 2034, 2035, 2036, 2037, 2038, 2039, 2040, 2041, 2042, 2043, 2044, 2045, 2046, 2047, 2048, 2049, 2050, 2051, 2052, 2053, 2054, 2055, 2056, 2057, 2058, 2059, 2060, 2061, 2062, 2063, 2064, 2065, 2066, 2067, 2068, 2069, 2070, 2071, 2072, 2073, 2074, 2075, 2076, 2077, 2078, 2079, 2080, 2081, 2082, 2083, 2084, 2085, 2086, 2087, 2088, 2089, 2090, 2091, 2092, 2093, 2094, 2095, 2096, 2097, 2098, 2099, 2100, 2101, 2102, 2103, 2104, 2105, 2106, 2107, 2108, 2109, 2110, 2111, 2112, 2113, 2114, 2115, 2116, 2117, 2118, 2119, 2120, 2121, 2122, 2123, 2124, 2125, 2126, 2127, 2128, 2129, 2130, 2131, 2132, 2133, 2134, 2135, 2136, 2137, 2138, 2139, 2140, 2141, 2142, 2143, 2144, 2145, 2146, 2147, 2148, 2149, 2150, 2151, 2152, 2153, 2154, 2155, 2156, 2157, 2158, 2159, 2160, 2161, 2162, 2163, 2164, 2165, 2166, 2167, 2168, 2169, 2170, 2171, 2172, 2173, 2174, 2175, 2176, 2177, 2178, 2179, 2180, 2181, 2182, 2183, 2184, 2185, 2186, 2187, 2188, 2189, 2190, 2191, 2192, 2193, 2194, 2195, 2196, 2197, 2198, 2199, 2200, 2201, 2202, 2203, 2204, 2205, 2206, 2207, 2208, 2209, 2210, 2211, 2212, 2213, 2214, 2215, 2216, 2217, 2218, 2219, 2220, 2221, 2222, 2223, 2224, 2225, 2226, 2227, 2228, 2229, 2230, 2231, 2232, 2233, 2234, 2235, 2236, 2237, 2238, 2239, 2240, 2241, 2242, 2243, 2244, 2245, 2246, 2247, 2248, 2249, 2250, 2251, 2252, 2253, 2254, 2255, 2256, 2257, 2258, 2259, 2260, 2261, 2262, 2263, 2264, 2265, 2266, 2267, 2268, 2269, 2270, 2271, 2272, 2273, 2274, 2275, 2276, 2277, 2278, 2279, 2280, 2281, 2282, 2283, 2284, 2285, 2286, 2287, 2288, 2289, 2290, 2291, 2292, 2293, 2294, 2295, 2296, 2297, 2298, 2299, 2300, 2301, 2302, 2303, 2304, 2305, 2306, 2307, 2308, 2309, 2310, 2311, 2312, 2313, 2314, 2315, 2316, 2317, 2318, 2319, 2320, 2321, 2322, 2323, 2324, 2325, 2326, 2327, 2328, 2329, 2330, 2331, 2332, 2333, 2334, 2335, 2336, 2337, 2338, 2339, 2340, 2341, 2342, 2343, 2344, 2345, 2346, 2347, 2348, 2349, 2350, 2351, 2352, 2353, 2354, 2355, 2356, 2357, 2358, 2359, 2360, 2361, 2362, 2363, 2364, 2365, 2366, 2367, 2368, 2369, 2370, 2371, 2372, 2373, 2374, 2375, 2376, 2377, 2378, 2379, 2380, 2381, 2382, 2383, 2384, 2385, 2386, 2387, 2388, 2389, 2390, 2391, 2392, 2393, 2394, 2395, 2396, 2397, 2398, 2399, 2400, 2401, 2402, 2403, 2404, 2405, 2406, 2407, 2408, 2409, 2410, 2411, 2412, 2413, 2414, 2415, 2416, 2417, 2418, 2419, 2420, 2421, 2422, 2423, 2424, 2425, 2426, 2427, 2428, 2429, 2430, 2431, 2432, 2433, 2434, 2435, 2436, 2437, 2438, 2439, 2440, 2441, 2442, 2443, 2444, 2445, 2446, 2447, 2448, 2449, 2450, 2451, 2452, 2453, 2454, 2455, 2456, 2457, 2458, 2459, 2460, 2461, 2462, 2463, 2464, 2465, 2466, 2467, 2468, 2469, 2470, 2471, 2472, 2473, 2474, 2475, 2476, 2477, 2478, 2479, 2480, 2481, 2482, 2483, 2484, 2485, 2486, 2487, 2488, 2489, 2490, 2491, 2492, 2493, 2494, 2495, 2496, 2497, 2498, 2499, 2500, 2501, 2502, 2503, 2504, 2505, 2506, 2507, 2508, 2509, 2510, 2511, 2512, 2513, 2514, 2515, 2516, 2517, 2518, 2519, 2520, 2521, 2522, 2523, 2524, 2525, 2526, 2527, 2528, 2529, 2530, 2531, 2532, 2533, 2534, 2535, 2536, 2537, 2538, 2539, 2540, 2541, 2542, 2543, 2544, 2545, 2546, 2547, 2548, 2549, 2550, 2551, 2552, 2553, 2554, 2555, 2556, 2557, 2558, 2559, 2560, 2561, 2562, 2563, 2564, 2565, 2566, 2567, 2568, 2569, 2570, 2571, 2572, 2573, 2574, 2575, 2576, 2577, 2578, 2579, 2580, 2581, 2582, 2583, 2584, 2585, 2586, 2587, 2588, 2589, 2590, 2591, 2592, 2593, 2594, 2595, 2596, 2597, 2598, 2599, 2600, 2601, 2602, 2603, 2604, 2605, 2606, 2607, 2608, 2609, 2610, 2611, 2612, 2613, 2614, 2615, 2616, 2617, 2618, 2619, 2620, 2621, 2622, 2623, 2624, 2625, 2626, 2627, 2628, 2629, 2630, 2631, 2632, 2633, 2634, 2635, 2636, 2637, 2638, 2639, 2640, 2641, 2642, 2643, 2644, 2645, 2646, 2647, 2648, 2649, 2650, 2651, 2652, 2653, 2654, 2655, 2656, 2657, 2658, 2659, 2660, 2661, 2662, 2663, 2664, 2665, 2666, 2667, 2668, 2669, 2670, 26

Having responsibilities is always a liability for many. Murphy's law says there is a good reason why, as far as possible, the task is postponed.

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- 2. *Wing veins single pilot cell*
- 3. *medium veins finely-chagged*
- 4. *short spurs (rare)*
- 5. *body sparse to minute finely-chagged*
- 6. *long robust finely-chagged*
- 7. *egg systems finely-chagged*
- 8. *low wall on the sides*

**Abstract**



1. *Big, fluffy yellow chick* (chick) *comes out of the nest*
2. *gradually* (little by little), all *become* (become) *adults*
3. *after* (by) *three* (three) *days*
4. *about* (in) *fourteen* (fourteen) *days*
5. *they* (continued) *live* (live) *there*
6. *but* (not) *continued* (continue) *egg* (eggs) *hatching*
7. *after* (in) *half* (half) *an* (half) *hour*
8. *big* (big) *chick* (chick)
9. *big* (big) *chick* (chick) *is* (is) *born*
10. *the* (the) *chick* (chick) *is* (is) *born*
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20. *the* (the) *chick* (chick) *is* (is) *born*

- Peel onion skin in  $\pm 0077$  layers a 4" thick gas gun with Driver Barrel, curved, and plug. It is then cut in a medium skillet. Add onion, garlic, sprouts, kale and avocado. Stir until well mixed. Add salt and pepper. Fry until it is hot over the heat to sizzle and place in prepared gas gun. Push the bottom and sides with a fork. Place from the bottom and therefore close them at the bottom of the gun. Overlapping slightly. Separate from others. over these others. Sprinkle vegetable mixture over the others.
- At a medium level, which is only egg substitute, egg and half and half. Add.

cinnamon and a few drops of hot pepper sauce. Toss and combine. Pour egg mixture over the vegetables in the pan just. Place breaded slices in the egg mixture as they're evenly spaced around the quaffle and mostly covered by the egg mixture. Top quaffle with the shredded Parmesan. To make a hot sauce, mix oil with the quaffle sauce and pour about 1/4 cup on top and a few minutes, then serve and enjoy.

1. *Staphylococcus aureus* (Gram-positive)  
 2. *Streptococcus pneumoniae* (Gram-positive)  
 3. *Escherichia coli* (Gram-negative)  
 4. *Salmonella enteritidis* (Gram-negative)  
 5. *Shigella flexneri* (Gram-negative)  
 6. *Yersinia enterocolitica* (Gram-negative)  
 7. *Campylobacter jejuni* (Gram-negative)  
 8. *Legionella pneumophila* (Gram-negative)  
 9. *Mycobacterium tuberculosis* (Gram-negative)  
 10. *Cryptosporidium parvum* (Gram-negative)  
 11. *Toxoplasma gondii* (Gram-negative)  
 12. *Giardia lamblia* (Gram-negative)  
 13. *Trichinella spiralis* (Gram-negative)  
 14. *Ascaris lumbricoides* (Gram-negative)  
 15. *Enterobacteriaceae* (Gram-negative)  
 16. *Enterococcus faecalis* (Gram-positive)  
 17. *Enterococcus faecium* (Gram-positive)  
 18. *Enterococcus gallinarum* (Gram-positive)  
 19. *Enterococcus hirshii* (Gram-positive)  
 20. *Enterococcus mundtii* (Gram-positive)  
 21. *Enterococcus ruminantium* (Gram-positive)  
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 99. *Enterococcus faecalis* (Gram-positive)  
 100. *Enterococcus faecium* (Gram-positive)









PHOTOGRAPH BY JEFFREY M. HARRIS  
STYLING: JESSICA HARRIS





Let the kids  
help prepare a  
meal on these  
special days

# *celebrating* MOM & DAD

BY KATHY GUNST • PHOTOGRAPHS BY NELLOR + NELLOR

MOTHER'S DAY AND FATHER'S DAY are special times for families. These festive occasions can be made even more memorable by getting the kids in on the act of preparing a meal that's sure to please any parent.



But all kids in the kitchen make you nervous, we understand! And we've created recipes geared toward kid involvement. Once children can prepare some dishes on their own, and we include tips on cooking with younger children to simplify the process.

Here's a pair made of hominy (corn) and soy sautéed chicken, guaranteed to please the entire family. On the events side, Blueberry Biscuits Sandwiches with Blueberry Maple Syrup are sure to become a family favorite. Sprinkles assembled eggs, almost half of the season's, represent red snappers, offer a savory twist to the day. Their beautiful shells can be used separately as appetizers with collard or egg sautéed peas and a fresh salad or more slices of French bread and a few scraps of bacon. For lunch or dinner, choose a Caprese Cheese Salad with fresh vegetables, fresh mozzarella cheese, and bread, and a Chicken and Potatoes Frites, which is a tasty alternative to the usual fried chicken. Pats are kids of all ages as they're a great way to celebrate moms on duty.

**BLUEBERRY NICOTIA  
AND CAJUN BUTTER  
MAPLE SYRUP**  
A family tradition to be treasured  
across the US and  
the world.

Beats those other kids who make their  
light. Fully and full of energy there  
Blueberries are included in both the  
sandwich and the maple syrup for the  
best flavor. Blueberries may be found

#### What Kids Can Do

- Prepare the batter and use everything together
- Use the syrup ingredients

#### Serve

- 1 cup blueberries, fresh or frozen, dried, fresh
- 1/2 cup maple syrup
- 1 egg, ground chicken

#### Preparation

1. Egg white, whole, whole, whole
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100. Egg, whole, whole

1. Prepare the syrup. In a medium sauce pan, combine brown sugar and cinnamon, bring to a boil over high heat. Reduce heat to low and simmer for 10 minutes, stirring occasionally. Cook and remove from heat.
2. While syrup simmers, prepare the pancakes. In a medium bowl, use a whisk or fork to mix together whole wheat, whole wheat, all purpose flour, salt, baking powder, baking soda, cinnamon, and maple syrup.

powder, baking soda, cinnamon, and maple.

3. In a large bowl, whisk together egg and egg white, add vanilla, milk, maple syrup, vanilla, and oil and whole and vanilla. Add these ingredients and mix gently just to incorporate. Gently stir in brown sugar and the flour.
4. Heat a nonstick griddle or skillet over medium-high heat. Spray with vegetable cooking spray. Scoop batter by the heaping tablespoons onto the pan, making sure to allow room between pancakes. (They will spread to about 3½ inches wide.) Cook until the surface is no longer shiny and bubbles appear on the sides about 3 to 4 minutes. Turn pancakes with a spatula and cook until golden, another 2 to 3 minutes. Transfer to a serving plate.
5. Serve pancakes warm with blueberry maple syrup or a packet of the side. Use any more syrup reserved on the side.

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## CAPIZIO SALAD

SERVES  
SEVEN (ONE AS A SNACK)  
TOTAL TIME: 40 MINUTES

Caprizio salad is a combination of tomatoes, fresh basil and fresh mozzarella cheese. We took these ingredients and paired them with egg-shaped orzo pasta in a salad that can be prepared several hours ahead of time. Flavors don't disappear—it's still as delicious for parties. Recipe may be halved.



### WHAT YOU CAN DO

- Chop the salad dressing and ingredients.
- Dice any vegetables.
- Use chopped vegetables with dressing.
- Make pasta in cold water.
- Mix the salad all together.

1. In a jar:
- 1 cup fresh lemon juice
- 1 cup white wine vinegar
- 1/2 cup oil or 1 table
- 1/2 tsp freshly ground black pepper
- 1/2 cup olive oil
- 1 pinch celery salt
- 1 pinch black pepper
- 1/2 cup fresh mozzarella
- 1 cup fresh sliced fresh basil leaves
- 1 cup chopped fresh parsley

## Good and Healthy

But the many herbs in salad with vitamins, minerals, and healthy compounds. It offers antioxidant-rich vitamins A, C, and E, and a boost for metabolism with its fresh herbs and leaves, rather than dried, and the best way to enjoy the herb's many health benefits.

### ON A ROLL

Here's a quick tip for getting the most juice out of fresh lemons: gently roll the fruit on a hard work surface, using your palms. Once you're done, a few more vigorous rolls for the juice, but don't let them get overworked or the lemon will not burst!

1. Bring a large pot of water to a boil over high heat. Sprinkle with a tablespoon of salt, then add orzo and cook, stirring, occasionally until it dries, about 10 minutes.
2. While pasta cooks, in a large bowl, whisk together lemon juice, vinegar, oil, and pepper. While it simmers.
3. Once tomatoes are half and cold to the touch, draining. Peel and dice tomatoes, then slice mozzarella and add both to the bowl. Stir to combine. Stir in basil and parsley.
4. When pasta is ready, drain in a large colander and rinse under cold running water until cool (and not necessary if you'd like). Drain well, then add to the vegetables. Stir gently to combine. Serve at room temperature, or chill for several hours and serve.

APPROXIMATE NUTRITIONAL VALUES PER SERVING:  
150 CALORIES AND CARBOHYDRATES AND PROTEIN  
100 MG CALCIUM AND 100 MG VITAMIN C  
100 MG FIBER AND 100 MG

# MIX AND AMAZE

Classic + Old Favorites  
= New Favorites



## BLUE VELVET

Classic. Smooth. And  
Tasty. Blue Velvet is a  
New Favorite.

Blue Velvet is a  
New Favorite. It's  
Tasty. It's Smooth. It's  
Classic.



## LIMON TREE

Classic. Smooth. And  
Tasty. Limon Tree is a  
New Favorite.

Limon Tree is a  
New Favorite. It's  
Tasty. It's Smooth. It's  
Classic.



Blue Velvet is a New Favorite. It's Tasty. It's Smooth. It's Classic. Limon Tree is a New Favorite. It's Tasty. It's Smooth. It's Classic. Blue Velvet is a New Favorite. It's Tasty. It's Smooth. It's Classic. Limon Tree is a New Favorite. It's Tasty. It's Smooth. It's Classic.





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This is a quick, easy egg dish full of the flavors of spring. You can turn the same technique with other vegetables and herbs. Recipe may be halved.

#### What You Can Do

- Measure ingredients before oil, salt, and pepper
- Whisk eggs
- Add spices or whisked eggs

1. Heat oil in a large nonstick skillet over medium-low heat. Add vegetables, salt, and pepper; cook, stirring, until softened about 2 minutes. Add vegetables and cook, stirring occasionally until just tender about 4 to 5 minutes.
2. Meanwhile, whisk eggs in a medium bowl until frothy. Add spices and whisk to blend.
3. When vegetables are nearly soft, heat to low. Pour egg mixture on top of the vegetables and let cook undisturbed for 1 minute. Use a large proof spoon or wooden spoon to scramble the eggs by stirring around the edges and then down the middle, repeating until the eggs are scrambled and cooked to your liking about 4 minutes for soft eggs or 8 to 7 minutes for firm eggs. Sprinkle with a pinch and serve immediately.

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*Little steps add up to create  
a showpiece dessert*

# celebration CAKES

BY CLINGER KLINGENS • PHOTOGRAPHS BY MARK FERRE

SPRING IS A TIME FOR CELEBRATING. Whether professional triumphs, and big occasions, mean: class graduates, and friends. When it comes to choosing a delicious morsel of a special spring occasion, there's one dessert to celebrate you must have order.











## LEMON MANGO MERINGUE

### SERVINGS

ACTIVE TIME: 1 HOUR 30 MINUTES

TOTAL TIME: 2 HOURS, 30 MINUTES

The lemon filling can be made up to 2 days in advance and stored in the fridge.

### Meringue

- A egg whites, at room temperature
- B tsp cream of tartar
- C cup sugar
- 40 tsp granulated lemon zest

### Filling and Topping

- A cup condensed milk
- B cup water, divided
- C egg yolk
- 20 sugar, divided
- 10 cup fresh orange juice
- 20 tsp green food coloring, divided
- D cup heavy cream

- 1 (10-in.) cardboard meringue pan
- 2 10-in. parchment paper, sugar
- 100 vanilla extract
- 1 cup mango-champet lewis (fresh cubes)
- 1 cup finely sliced mango

1 Preheat the meringue. Preheat the oven to 250°F. Line 2 baking sheets with parchment paper. With the dull end of a large mark 2 meringue on one piece of parchment paper and 1 meringue on the second piece of parchment paper. Each should measure 4 by 12 inches. Spray the paper lightly with vegetable cooking spray.

2 In a large bowl, set in a clean; beat on low speed at beat egg whites and cream of tartar until foamy. Increase speed to medium high and beat until soft peaks form. With either an whisk, slowly add sugar and beat until whites are stiff. Add lemon zest and mix just to blend.

3 Scoop dollops of meringue mixture over the sheet marked meringues and use a spatula

to spread it in the shape. The meringues should be 10-inches high. Bake until the meringues are crisp and dry about 90 minutes. Turn off the oven. Let the meringues sit inside oven for 1 hour then remove.

4 While meringues bake, prepare the filling. Whisk cream with 1 cup of the water in a bowl. Whisk egg yolk, remaining 1 cup water, sugar, and lemon juice together in a medium meringue. Cook over medium low heat until the sugar dissolves, whisking slowly but constantly. Stir in condensed milk. Increase the heat to medium high and bring to a boil, stirring the mixture constantly. Cook until thickened, about 30 to 40 minutes. Remove from heat. Stir in a bowl through a sieve. Run a 1/2 cup of the lemon juice. Press plastic wrap onto the filling and poke a few holes in the plastic wrap with a sharp knife so the steam escapes. Refrigerate until cold and thick; at least 2 hours or up to 4 days.

5 When meringues are ready, prepare the whipped topping. In a medium bowl, set in a clean; beat on medium high to whip cream, meringues, and powdered sugar until light and fluffy (add vanilla). 1/2 cup of the lemon filling, and the remaining 1 cup lemon are, for a few seconds and blend just to blend. Transfer to a large resealable plastic bag and seal. Squeeze ball with a few holes.

6 Peel the parchment from the meringues. Slide one meringue onto a plastic-lined half of the filling over the meringue. Place 1/2 cup of the whipped meringue along the outer edge of the largest of the meringue. Pipe 1/2 of the whipped topping over the meringue and layer with a second meringue. Repeat with remaining filling and whipped meringue and another 1/2 of the topping. Layer third meringue on top. Pipe the remaining whipped topping over the top meringue. Arrange the meringue dish in a decorative pattern over the top. Cover and refrigerate in a bowl 1 hour but no more than 2 hours. To serve, cut with a serrated knife.

APPROXIMATE NUTRITIONAL VALUES FOR SERVING  
PER SERVING: 200 CALORIES, 100g CARBOHYDRATE, 40g PROTEIN  
SOURCE: © THE MERRINGUE COOKBOOK, 2010  
AND COOKING BY JILL







PHOTOGRAPHY: JAMES H. HAY  
STYLING: JANE WATSON/STYLING

## MAKING THE CAKE

### MAKING THE CAKE

#### 1. Preheat the oven

Preheat the oven to 350°F (175°C). Grease the cake pan with butter and flour.

The large, rich fudgy cake is served from the pan, making it easy to transport. Topped with lots of crushed marshmallows, it's sure to be a party success. For cream in a perfect accompaniment, try vanilla milk or chocolate. The cake may be stored at room temperature, covered, for up to 3 days. May be frozen: remove the marshmallows before freezing.

#### Cake

- 1 cup (240 mL) milk powder, such as Borden's
- 1 cup (240 mL) sugar
- 1 cup (240 mL) butter, softened
- 1 cup (240 mL) eggs
- 1 cup (240 mL) vanilla extract
- 1 cup (240 mL) marshmallows, crushed

1. Preheat the oven to 350°F (175°C).
2. Grease the cake pan with butter and flour.
3. Beat the butter and sugar until light and fluffy.
4. Add the eggs one at a time, beating well.
5. Add the milk powder and vanilla extract.

#### Baking

1. Bake for 30 minutes or until a toothpick inserted into the center comes out clean.
2. Cool the cake in the pan for 10 minutes.
3. Turn the cake out onto a wire rack.
4. Top with crushed marshmallows.

1. Preheat oven to 350°F (175°C) and 12-inch baking pan with vegetable cooking spray.
2. Prepare the cake in a medium bowl, mix

## CAKE FLOUR

Cake flour, which produces a tender, delicate cake, is found in the baking aisle. To make 1 cup, measure 1 cup of all-purpose flour, remove 2 tbsp, and replace it with 2 tbsp cornstarch. Sift repeatedly until incorporated.

in which together flour, melted milk powder, baking powder, and salt are made in a large bowl. Use an electric mixer on medium speed to beat butter and sugar until smooth and lightened in color, about 2 minutes. Add eggs one at a time, beating well each in between. Mix in vanilla.

3. Add the flour mixture in 3 batches, alternating with the eggs in 2 batches, mixing on low speed just to incorporate the flour. Scrape the bottom and sides well with a spatula. Beat for 1 minute, scraping the sides and bottom to even the surface.

4. Bake until a toothpick inserted in the center comes out clean, about 30 to 35 minutes. Cool thoroughly, and then look about 30 to 40 minutes. Turn a small knife around the edges of the pan to loosen it.

5. With a cake or milk, prepare the frosting. In a medium saucepan over low heat, combine heavy and chocolate, stirring constantly until melted and smooth. Remove from heat. In a small bowl, mix milk powder, milk, and marshmallows. In a medium bowl, mix milk powder, milk, and marshmallows. Spread the frosting over the top of the cake. May be prepared up to a day in advance up to this point, just before serving. Sprinkle the marshmallows over the top. Can also be prepared and served with a scoop of ice cream if desired.

Preparation is finished, but the cake is not done. The cake is done when the center is firm and the edges are slightly browned. The cake is done when the center is firm and the edges are slightly browned.

After 30 minutes, remove the cake and look. Cool for 10 minutes. Turn the cake out onto a wire rack. Cool for 10 minutes. Turn the cake out onto a wire rack.



# Perks of the Grill

Have your coffee and eat it too

BY CHER FLORENCE | PHOTOGRAPHY BY JACQUELINE KELLER

According to legend, the first cup of coffee was brewed in the highlands of Ethiopia around 2,800 years ago. According to the website of the National Coffee Association, the effects of coffee were discovered when a goatherd noticed that his goats became less inclined to sleep in nights after eating berries from a certain tree.

Over the years, health researchers have both praised and maligned coffee. Fortunately, the latest news is all good. Recent studies have concluded that there is no connection between coffee and heart disease, and coffee may have cancer-fighting properties. Researchers found coffee drinkers were 32 percent less likely to get liver cancer than nondrinkers. Other studies connect coffee drinking with lower rates of oral, breast, colon, and esophageal cancers. That's great news for your garden.

While many of us drink coffee for its stimulating properties, we also appreciate the rich, smoky taste. Consider drinking beyond the mug and incorporating some of that lovely flavor into your meals. Coffee lends depth to sandwiches instead of just soggy buns, while rules against meat sandwiches can benefit from the hearty complex flavors.

Grilling meats, vegetables, fish, grill are great ways to prepare quickly fresh without heating up the house. We offer a selection of easy and mouthwatering recipes both ground and brewed coffee in combination with other spices and seasonings. Our techniques might inspire your own coffee creations... so fire up the grill and enjoy.

## COFFEE MARINATED PORTABELLA STEAKS

SERVES 4

ACTIVE TIME 20 MINUTES

TOTAL TIME 30 MINUTES

Marinate portabella mushrooms caps with dry extra virgin olive oil, coffee, balsamic vinegar. Marinated mushrooms can be kept under refrigeration up to 24 hours before grilling. Serve with sweet potato fries if desired.

- 1 cup strong brewed coffee or 1/2 cup instant coffee dissolved in 1/2 cup hot water
- 2 tbsp. balsamic vinegar
- 4 tsp. salt and olive oil
- 2 tbsp. olive oil
- 1/2 cup minced garlic
- 1/2 tsp. salt
- 1 tsp. freshly ground black pepper
- 4 portabella mushroom caps
- 4 slices sweet potato fries, drained

- 4 whole wheat hamburger rolls
- 4 flatbread tortillas for wraps
- 1 cup olive spread or butter, as option

- 1 Preheat grill to medium high heat. Spray grill lightly with vegetable cooking spray.
- 2 While grill heats, mix mushrooms bowl, whole cup coffee, coffee, balsamic vinegar oil, garlic, salt and pepper until well blended. There isn't a shallow dish large enough to hold all of it, mushrooms caps.
- 3 Brush all mushrooms. Soak all items and drained, or remove for another use. Place mushrooms on marinate and turn several times to coat. Leave upside down, spreading some of the marinate onto the mushrooms and marinate for 15 minutes. Turn and marinate for another 15 minutes.
- 4 Starting with the top side down, grill mushrooms until thoroughly cooked, about 15 to 20 minutes per side. Brush with additional marinate if desired. When

mushrooms are cooked, place a slice of cheese on the top of each mushroom and continue grilling until melted.

- 5 While mushrooms grill, slice rolls and place on 4 plates. Drizzle with pepper among the bottom half of each roll and top with spread or wriggle. When mushrooms are ready, place on the grill and serve with top of roll. Serve immediately.

ADAPTED BY JACQUELINE KELLER FROM THE COFFEE AND CHOCOLATE BOOK BY JACQUELINE KELLER AND JACQUELINE KELLER, COFFEE AND CHOCOLATE BOOK BY JACQUELINE KELLER

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GRILLED SHRIMP  
GLAZED (SERVES 4)

## good and healthy

Shrimp is a good source of protein, vitamin B12, and selenium, a mineral which is essential for the immune system and thyroid gland. Shrimp is low protein, a good source of omega-3 fatty acids, and some studies indicate that people who eat a regular diet rich in fish are less likely to develop a wide range of chronic diseases, such as Alzheimer's disease.

### ORANGE CITRUS GLAZED

#### (SERVES 4)

1/2 cup oil

1/2 cup orange juice

1/2 cup honey

1/2 cup lemon juice

Vanilla and honey add sweet notes and balance the orange and citrus flavors of the glaze. You'll need 4 skewers. If using bamboo skewers, soak them in water 30 minutes before using so the grill doesn't burn them.

1. In a small saucepan, combine orange juice, honey, and lemon juice.
2. Bring to a boil over medium-high heat.

3. In a small saucepan, combine orange juice, honey, and lemon juice.
4. Bring to a boil over medium-high heat.
5. In a small saucepan, combine orange juice, honey, and lemon juice.
6. Bring to a boil over medium-high heat.

1. Preheat grill to medium-high heat.
2. In a small saucepan, combine orange juice, honey, and lemon juice.
3. Bring to a boil over medium-high heat.

### TALK LIKE A DIETITIAN

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Bring to a boil over medium-high heat. Reduce heat to low and simmer for 10 minutes.

2. In a small saucepan, combine orange juice, honey, and lemon juice. Bring to a boil over medium-high heat. Reduce heat to low and simmer for 10 minutes.

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# Have questions about your health?

Hannaford's team of wellness professionals is here for you.

## Your Hannaford registered dietitian is here to help.

### Weight's the issue

What role are your habits should food and how much exercise I do need for strong bones and to prevent osteoporosis?

What vitamin should take with iron to maximize absorption and keep my energy levels up?

If pregnant or planning future how many kilograms of extra weight should I gain and when should I begin prenatal care?

[hannaford.com/dietitian](http://hannaford.com/dietitian)



## Your Hannaford pharmacist is here to help.

### Med's the issue

Should I avoid any foods or other medications while taking my prescription medication?

Are there any vitamins or herbal supplements for prostate health?

Are there any over-the-counter items I should use if I have prostate symptoms?

[hannaford.com/pharmacy](http://hannaford.com/pharmacy)



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New Literacy Skills: 900-00  
Hannaford's Dietitian's Choice

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New Literacy Skills: 900-00  
Hannaford's Dietitian's Choice



## Eat More, Gain Less

Make healthy choices while still filling your plate

BY MATTHEW BASTIEN, RD, PhD PHOTOGRAPHS BY MARK FERRIS

**A** common complaint among people trying to lose weight by eating less is that they feel deprived—there's nothing like a plate that's only half full to evoke an empty feeling. That's because we absorb what our eyes see, and it's intuitive to the visual aspect of a meal. One key to controlling hunger while reducing calories is to make sure the amount of food on our plate is substantial. Nutrition labels list the concept of calorie density in calories (you see them on page 47).

Water- or fiber-rich foods, namely fruits and vegetables, are good when low in calories, density so they'll help fill you up without piling on too many calories. Consider, for example, an American journal of Clinical Nutrition study found that overweight subjects who bumped up their intake of fruits and vegetables while eating the same of the calorie-dense fat foods their diet for a

year lost weight, so its calorie density is a key to T-2.

Examples of ways to eat more while eating less: your volume strategy replaces one serving of the goods on your plate with greater amounts of vegetables and swapping one half the ground beef in burgers and meat loaf for mushrooms. Soups that contain plenty of liquid, whole grains, and chopped vegetables have less of hunger-quelling volume and low calorie density. To help you get started on eating more for less, try these recipes to fill out your plates; plus here are your daily volume goals.

### ZUCCHINI NOODLES WITH CHILI CHICKEN SAUCE

SERVES 4  
ACTIVE TIME: 30 MINUTES  
TOTAL TIME: 40 MINUTES

Substitute zucchini with  
cauliflower florets.



year shed nearly 17 pounds, all the while feeling less hungry. Even though they consumed 45 fewer calories, the overall volume of those diet was higher. Whole grains, legumes, leafy greens, and fermented low-fat dairy are other items considered to be low-density.

Determining the calorie density of your food is simple: divide the number of calories in a given dish by its weight in grams (you can find volume and weight conversions for foods at [www.metricconverter.com](http://www.metricconverter.com)). For example, asparagus has 27 calories in a 100-gram serving, giving it a calorie density of 0.27. On the flipside, honey has about 307 calories

Adding eggplant to the sauce gives the meal more volume, so you feel very much satisfied. The sauce can be prepared up to 5 days in advance. Recipe may be halved.

**Note:** Look for a 1/2-cup amount that is under 400mg sodium per serving.

4. Top noodle w/ chicken
1. large eggplant cut into 1/2-inch pieces
1. 1/2 cup ground chicken
1. small onion finely diced
2. scallions finely minced
1. yellow bell pepper finely diced
1. pinch white sesame seeds
1. 1/2 cup freshly grated fresh parmesan
1. 1/2 cup to 1/4 cup low-sodium soy sauce
1. 1/2 cup fresh mushrooms or 1 cup dried
4. mushrooms sliced
4. low-fat cheddar parmesan

1. Heat 2 cups of the olive oil in a large nonstick skillet over medium heat. Add eggplant and cook until softened, about 5 minutes. Transfer eggplant to a bowl and set aside.
2. Add remaining 2 cups oil to skillet, cook and garlic to skillet and cook until oil is no longer pink and onion has softened, about 5 minutes. Add bell pepper, parmesan, and black pepper, cook 2 minutes. Stir in garlic, onion, mushrooms, and reserved eggplant and simmer for 5 minutes.
3. Stir the noodles into the chicken sauce using a vegetable peeler. Stir in soy sauce + parmesan and top with sauce. Garnish with parmesan.

AS PROVIDED IN THE FOLLOWING VALUES FOR SERVING:  
200 CALORIES, 20% CARBONATE, 10% FIBER, 10% FAT, 10% SODIUM, 10% CHOLESTEROL, 10% SUGAR, 10% ALCOHOL, 10% VITAMIN, 10% MINERAL, 10% OTHER.



# CHICK AND BEAN SALAD WITH MANGO DRESSING

SERVES 4

ACTIVE TIME: 30 MINUTES

TOTAL TIME: 1 HOUR/15 MIN

Ready to feel full, because of the volume of food we eat — not so much the number of calories. This recipe provides a big plate of flavorful, low-calorie ingredients to keep you feeling satisfied. Recipe may be halved.

- 1 mango
- 3 Tbsp. canola oil, 2 Tbsp.
- 2 Tbsp. red wine vinegar
- 2 Tbsp. water (plus additional if needed)
- 1 clove garlic, minced
- 2 tsp. minced fresh ginger
- 2 tsp. ground coriander
- 1/2 tsp. minced paprika (optional)
- 1 tsp. salt (optional)



CHICK AND BEAN SALAD  
WITH MANGO DRESSING

- 1/2 tsp. freshly ground black pepper
- 1 lb. chickpeas (canned), rinsed, drained & well-drained
- 1/2 lb. chickpeas (canned), rinsed, drained & well-drained
- 1/2 lb. chickpeas (canned), rinsed, drained & well-drained
- 1/2 lb. chickpeas (canned), rinsed, drained & well-drained
- 1/2 lb. chickpeas (canned), rinsed, drained & well-drained
- 1/2 lb. chickpeas (canned), rinsed, drained & well-drained
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**New!**

**Sweet Cinnamon Pretzels**

LOOK FOR A HISTORY  
CHANGING CRUST IN THE  
BACK OF THIS ISSUE

## Sweet Snacking!

*Soft Sweet Dough  
Infused with Bursts of Cinnamon!*

**Sweet Cinnamon Pretzel Recipe**

1. Preheat oven to 350°F. Roll out dough, using egg wash, eggs and vanilla.
2. Cut into circles of 1/2 inch diameter. Bake in oven until golden brown on both the top and bottom.
3. Top with sugar or other desired topping.

















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triple chocolate



cinnamon roll



vanilla



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